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Look Out! A Sick Liver is Dangerous

Do you have persistent headaches and backaches? Are you tortured by rheumatic pains in muscles and joints? Is your liver clogging your whole system. Serious ill health results.

● Your liver is the largest organ in your body and most important to your health. It supplies energy to muscles, and it really is constantly, your blood purifier. If it becomes clogged—waste will disappear. As a result, your blood will be clean and free of waste and avoid proper nourishment. As a result, your blood will be clean and free of waste and avoid proper nourishment.

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About Canada

A Book Which Will Be of Interest To Many Readers

A book about Canada that quite probably will be widely read in the United States is Bruce Hutchison's "The Unknown Country". Mr. Hutchison is a staff writer for the Vancouver Sun and also has contributed to Canadian and American magazines. New York book reviewers hail "The Unknown Country" as a timely book about the neighboring partner of the United States in war and peace. The New York Herald-Tribune agrees with Mr. Hutchison that Canadians generally know as little about their country as Americans.

The author, widely travelled and an authority on politics, divides his subjects into four parts—the Maritime provinces; the central provinces of Quebec and Ontario; the prairie and finally, his own British Columbia.

The New York Times comments: "If neither the stater nor the blood-brother nor the native son attained a correct concept of our northern neighbor, not 'Telt the full pulse of the country,' certainly Bruce Hutchison has gone far to recount the important chapters in Canada's past and illustrate the vital present scene. No more than any other eleven millions who have 'produced more, more, more' than any other eleven millions in the world."

The Times notes with interest that Mr. Hutchison regards "the great old Canadian of his time," John W. Daffoe, editor of the Winnipeg Free Press who for his part has been doing a large part of Canada's thinking, who has grasped better than any other man in his time the place of Canada in the world."

The Herald-Tribune review concludes: "Bruce Hutchison is not concerned with beating the big drum about Canada's war effort. He sweeps over the bold body he has seen, he praises, seeing Canada as it was, is and will be, and that is what makes his unconventional perceptions such a valuable reading."



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The new improved Buckley's formula is a medicine — as you say — and, large as the sample and order — gives you more for your money. It's the only one that's been in the market for over 50 years.

How Time Changes Custom

Officers And Other Ranks Fraternize In Britain

An old soldier writes: "The social fusion between officers and other ranks is, of course, more noticeable than in the last war and this with-out relaxation of discipline. In the last war no soldier could converse with his superior in a public place and no soldier in uniform, whatever his social position, could come with a number into a club."

"I remember hearing a general address telling a lady he could not dine with her if her son, a private some on leave, were at the table. Now a private soldier or able seaman can enjoy all the amenities of social life (of course, if they themselves are members), and a soldier in battle dress is often seen at a well-known club having a field marshal for his partner in a rubber of bridge."

"Yet only twenty-five years ago managers of theatres and music-halls would not allow soldiers in uniform to occupy stalls until a colonel brought an account against one of them establishing the right of the soldier in public places."—Manchester Guardian.

GEMS OF THOUGHT

GENEROUSITY

Generosity is the flower of justice. —Nathaniel Hawthorne.

It is not enough to help the feeble up, but to support him after—Shakespeare.

He who is afraid of being too generous has lost the power of being magnanimous. The best man or woman is the best unlearned.—Mary Baker Eddy.

In giving, a man receives more than he gives, and the more is in proportion to the worth of the thing given.—George Macdonald.

The manner of giving shows the character of the giver, more than the gift itself.—Luther.

Take heed that ye do not your alms before men, to be seen of them; otherwise ye have no reward of your Father which is in heaven.—Jesus: Matthew 6:1.

Facing Heavy Task

Australia Belongs To New World Although So Far Away

Geography has put a heavy task on Australia. Here is a large segment of the white, English-speaking, democratic world set down in the middle of the teeming world of Malays and the Indies. The islands of Australia and New Zealand represent the antipodes to the United States, but though they are remote in space they are as close to us as Canada in spirit and experience—so close, indeed, that the wide ocean are between us is also an open frontier. It is easy for us to understand why the Australian Prime Minister, turns to us for help against the common enemy. Australia, too, belongs to the New World; the deadly threat to its safety is like a threat to ourselves.—New York Times.

Tea rationed in Australia

Normal Requirements For Everybody Have Been Cut In Half

All supplies of tea held by merchant and traders, including retailers, have been requisitioned by the Australian government.

Delays have occurred in obtaining supplies of tea because of interruption of the normal channels of supply," said Senator R. V. Jones, Minister of Trade and Customs, in explaining the requisition order.

Retailers will be authorized to ration supplies on the basis of not more than half customers' normal requirements. Tea is regarded as the "staple" drink of Australians, who are considered to be among the greatest tea drinkers in the world.

The British held Heligoland, the German fortress on the North Sea, from 1814 to 1890 when it was exchanged for Zanzibar.

Swarms of locusts have been observed at sea 1,000 miles from land. Monquitoes are associated with malaria.

Properly Trained Workers

Have Helped Speed Up Production In Britain's War Factories

Output of shell case cases in a British munitions factory has been increased twentyfold after industrial psychologists had suggested improvements in methods of working.

The job required careful hand-soldering of seams, and as the factory had lost most of its inexperienced soldiers, the weekly output was only 1,000 good cases, with several thousand rejects. But after various changes of which the most important was a systematic training scheme based on careful study of hand and body movements, the output was raised to 20,000 cases a week, passed by the inspectors.

This is only one example of how trained psychologists from Britain's National Institute of Industrial Psychology have helped to speed up production in the war factories. Although the results are sometimes startling there is no particular magic in a careful study of the physical movement entailed on proper methods of instruction, and above all on interesting the trainee in the work.

Hours of wasted time have been saved merely by getting the trainee into the habit of arranging their tools around them in an orderly way and replacing them after use.

It has been interesting by interspersing handwork with general instruction so that, trainees understand how their work fits into the general scheme. In tank factories, for example, they not only see the particular part assembled into the completed job, but are shown the tank in action.

Still winding operations trained by these methods were found to reach a standard of proficiency in only five days which previously had taken five weeks. Moreover, this was not achieved at the expense of output, for a 65 per cent increase in the average output of good pieces was obtained, while the scrap rate fell from 5.2 per cent.—Robert Williamson.



CHEW BIG BEN

The BIG TIME CHEW

The PERFECT Chewing Tobacco

Endure Mustard

The Field House Division, Dominion Experimental Farms Service, has found from experiments undertaken at Ottawa that the average loss to grain crop due to mustard over a period of five years was 12.7 per cent.

Britain's War Exports

Figures Show How Equipment Was Sent To Theatre Of War

Lord Beaverbrook reported a few days ago that during 1941 Britain had received 2,134 planes from "abroad" (meaning the United States) and had exported 9,741 planes to all theatres of war, including Russia. For the same period Britain had received 200 tanks from "abroad" (a record of which "abroad" can hardly boast) and had exported 3,000 tanks.

Beaverbrook's voice was scarcely heard above the crash of the great situation called Singapore. But it deserved to be heard. In Britain itself there has been sharp criticism of the manner in which the British fighting power has been deployed. The planes and tanks sent from Britain may not have been sent to the right spots at the right time. Or there may have been too many right spots and right times. The important fact is that they were sent, and not kept to guard the cities and fields of Britain. They struck in Russia, China, and Libya, helped reconquer Ethiopia,

saw Egypt, held Syria, Iraq and Iran for the Allies.

This morning we should all, Britons and Americans alike, be looking at our sine of omission and commission. Errors of underproduction and poor distribution have been made on both shores of the Atlantic. But meanwhile let us remember what has been done, and well and selflessly.—New York Times.

Just Bomb Targets

R.C.A.F. Find Trim Little Torpedo Bombs Fine For Practice

Canada's most frequently bombed ship is a trim little torpedo boat that bears the red, white, and blue insignia of the Royal Canadian Air Force.

Fast, manoeuvrable, and well-suited to withstand the hammering of high explosives, this craft is used by the R.C.A.F. as a practice target for their aircraft.

Manned by a crew of five or six, the little craft will speed toward the open sea, followed by a pack of circling aircraft loaded with 11-pound practice bombs.

When a good spot is reached, the planes begin zig-zagging furiously while missiles plummet down from the pursuing planes, flying at heights up to 10,000 feet.

Care is taken to see that the crew is not facing too great risks. The cabin in which they crouch as they dodge the bombs is a solid steel structure, waterproof, and capable of withstanding a direct hit from the bombs.

Not once has the boat been struck by the bombs or even seriously damaged. This, though a tribute to the crew's skill in navigating, is so credit to the bombers. Time and again they have bracketed the fleeing craft with sticks of bombs, losing the target up in the air. And had it been even a small sized freighter, these missiles would have landed dead on the bul's eye.

Selved By Nazis

All the valuable, privately-owned hunting rifles, which were stored at Akershus, Norway, in accordance with German orders, have now been seized by the Germans and the metals will be used in the making of new army weapons. The same holds true for the ancient cannon which used to guard the fortress.

Old Egyptian Custom

Egyptians once paid taxes according to the rise of the Nile river. If the rise was great, crops would be plentiful and the people could pay higher taxes. Marked poles were erected for measuring the exact water level.

Australia is the oldest continent in the world, geologically.

Under Their Own Power

Device Patented In Britain Stems Projectiles To Their Target

A device by which aerial torpedoes, bombs or shells can steer themselves to their target under their own power has been patented in Britain.

This self-propelling projectile is really a tiny pilotless aircraft, complete with engine, airscrew, gyroscopic controls and so on. It also has a releasing device so that it may shed its wings at an appropriate point and so drop directly on the target.

Announced by the British, this arrangement not only obviates transport of heavy artillery and repairs to rifle, but gives a much greater range than that of artillery. When the impulse of the catapult launching is spent, the projectile flies on under its own power, maintaining direction, height and balance by the gyroscopic pilot, operated either by the motion of the engine or by compressed air.

Normally designed for about double the range of long range aircraft and for use in very large numbers, 40-pound units can be made at a cost of under £25 each, when all the maintenance and transport costs are compared, is cheaper than firing an artillery shell.

But there is no reason why much heavier projectiles of higher precision and power, capable of hitting a city 100 to 500 miles away, could not be evolved from this beginning.—Regina Lender-Post.

Ranch Country In B.C.

People sometimes forget that British Columbia has considerable ranch country in addition to its fruit growth and its famous logging industry. In 1941 live stock shipments from the range area of B.C. increased from 40,000 to 47,000 head.

Quiet Impossible

Contrary to common belief, Nero, Roman emperor, could not have played the fiddle while Rome burned, because that instrument had not yet been invented.

It is estimated that 50 per cent. of the sun's energy reaching the earth is in the form of invisible infra-red rays.

More than one million gallons of fresh water were required by the leading liners in making one trip across the Atlantic.



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FOR COUGHS, COLDS, BRONCHITIS

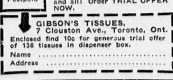
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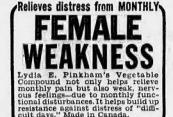
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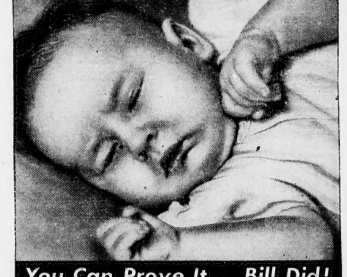
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